



Patent Application of Victor M. Dmitruk for "Habit Based Self-Help Method for Smoking Cessation" continued - page 25

ABSTRACT

A habit-based method for smoking cessation. Smoking is a broadly based learned habit, and addiction is irrelevant to cessation. No medications or substances are used, and the Method does not require strict abstinence from smoking. Smoking is a habit broadly conditioned to commonly frequented locations in smoker's environment. Smoker using Cessation Method restricts smoking to previously not frequented, novel locations. Smoking is prohibited elsewhere. Smoking habit is thus gradually extinguished in commonly visited everyday locations. When extinction is complete, smoker avoids the identified previously not frequented smoking locations, and cessation is accomplished. Smoker also exhaustively identifies disadvantages to smoking and advantages to quitting to maintain motivation for cessation. These motives are employed to overwhelm the smoking habit. When smoker smokes in selected novel locations, the only activity allowed is review of disadvantages to smoking. When not smoking, smoker reviews advantages to quitting as a reward for abstinence.